January-March 1999 Volume 24, Number 3

A summary of recent news stories from the University of California San Francisco

UCSF

To Our Neighbors

UCSF pursues new era of arthritis treatment

To accelerate the introduction of more effective, safer treatments for arthritis, UCSF has established a special research center for testing promising experimental drugs for the disease.

The Rosalind Russell New Arthritis Treatment Program offers patients innovative therapies that target specific cells known to promote inflammation and joint damage. The program was established with major financial support from the Rosalind Russell Arthritis Center, which has financed arthritis research at UCSF for 20 years.

Arthritis, the world's number-one crippler, afflicts more than 40 million Americans. Current treatments, such as medications, are only partially effective and they can cause serious, sometimes fatal, side effects.

"The kinds of treatments we're testing represent the first real potential for genuine breakthroughs in more than a generation," says UCSF Stanford Health Care rheumatologist David Wofsy, MD, UCSF professor of medicine and director of the program. "The revolutionary developments in molecular and cell biology over the last 10 to 15 years are finally beginning to pay off in a new generation of arthritis treatments that promise fewer side effects and greater effectiveness."

New clinical trials for lupus, rheumatoid arthritis and osteoarthritis are expected to be launched this year. For more information, call 502-1698.

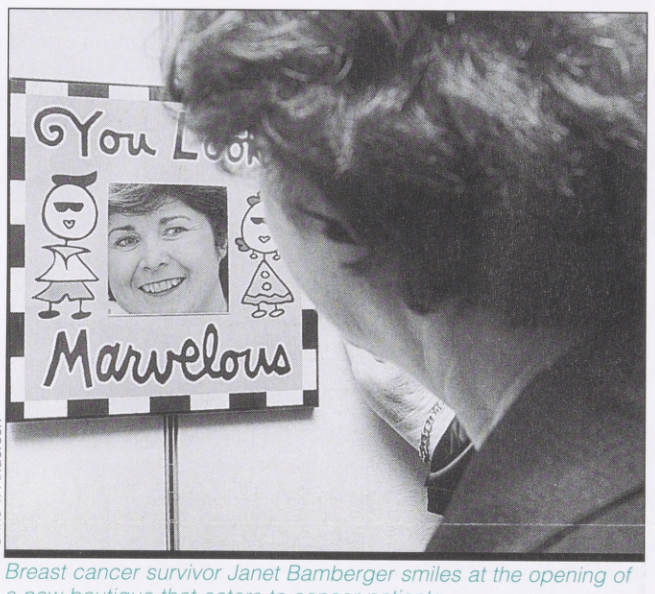
Center offers new services for patients

Patients who go to the UCSF Cancer Center to receive treatment or for a regular check-up, now can also stop by a new cafe for a healthy meal, relax in a meditative healing garden, receive help researching information in a library, or shop for a wig in a boutique designed exclusively for cancer patients.

The new complex, called the Ida and Joseph Friend Resource Center, is located on the first floor of the clinical cancer building at UCSF/Mount Zion Medical Center, part of UCSF Stanford Health Care.

Joseph Friend, a business owner in San Francisco, who lost his wife, Ida, to ovarian cancer two years ago, donated money for the center as a living memorial to her.

The Friend to Friend boutique, located at 2356 Sutter Street, carries specialty items such as wigs, hats, prostheses, makeup and scarves for cancer patients. The shop is open from 9:30 a.m. to 5:30 p.m. weekdays. For more information on the store, call 353-7776.



Chris T. Anderson

Breast cancer survivor Janet Bamberger smiles at the opening of a new boutique that caters to cancer patients.

Chris T. Anderson

Volunteer Ian Megne, right, a post doc fellow in neurology and physiology, gives a boiling flask to Al Sefl, Mission High School's physics teacher.

Sharing the wealth

UCSF's Science and Health Education Partnership (SEP) has kicked off its 12th year of creating science outreach programs for San Francisco public school students and teachers.

Since 1987, the partnership between UCSF and the San Francisco Unified School District has worked to provide science and health teachers with access to the University's material resources, place UCSF volunteer students and scientists in classrooms and support SFUSD science programs.

This year, thanks to new financial support from the state legislature for outreach programs, SEP hopes to expand both its resource center, which contains a library of hands-on science and health education tools for teachers and volunteers.

In 1997-98, more than 300 volunteers from UCSF donated about 8,000 hours of service to the program that reached students in 80 percent of the elementary schools, all of the middle schools and about 75 percent of the city's high schools.

Scientists find gene for key enzyme in fat production

A research team led by scientists at the Gladstone Institute of Cardiovascular Disease and UCSF has discovered a major piece in the puzzle of how our bodies build and regulate fat.

The researchers have found a gene that encodes DGAT, a key enzyme in fat production. The DGAT enzyme joins other smaller molecules to produce, or synthesize, a specific group of fats called triglycerides. Triglycerides are one of the major lipids (fats) found in the bloodstream, and they constitute more than 95 percent of the fat stored in the adipose (fat) tissue of mammals, thereby serving as the major source of stored energy.

"This finding has implications for many aspects of biology," says Robert V. Farese Jr., Gladstone scientist and UCSF assistant professor of medicine. "Identifying a gene encoding DGAT gives us a valuable tool to evaluate this enzyme and to explore triglyceride synthesis as it relates to human energy cycles, obesity, and cardiovascular disease. The finding also may have implications for potential development of drug therapies aimed at lowering triglyceride levels or treating obesity."

Because of its role in fat synthesis and energy storage, DGAT is thought to be a major player in the absorption of fats in the intestine, regulation of triglyceride concentrations in blood plasma, fat storage in fat cells, energy metabolism in muscle cells, and triglyceride synthesis involved in milk and egg production, according to Farese.

"In future research efforts we want to focus on determining the role that DGAT plays in these processes in mammals," he says.

UCSF conducts trial of Chinese herbal therapy

UCSF researchers are taking a crucial first step to integrating traditional Chinese medicine, where effective, into the standard of care for breast cancer patients.

Researchers at UCSF are recruiting 60 patients for the first study in the US that will determine the feasibility of using Chinese herbal therapy to alleviate the side effects of chemotherapy in women with early stage breast cancer.

"Ultimately, we would like to develop a model in which we integrate the parts of herbal therapies that are safe and effective with those that we know are effective in standard conventional therapy, such as chemotherapy," says Debu Tripathy, UCSF associate professor of medicine, director of clinical research at the UCSF Carol Franc Buck Breast Care Center.

For more information or to participate in the study, please call Erika Leemann at 885-7328.

DHEA plays role in heart function in pigs

DHEA, the popular hormone widely sold as a nutritional supplement to fight conditions from cancer to aging, does have a beneficial effect on the vascular function of the heart, a new UCSF study shows.

Though there has been limited scientific basis for claims that DHEA (dehydroepiandrosterone) is a potent anti-disease and anti-aging drug, a study conducted with pigs shows that the hormone does protect the heart against some cardiovascular diseases.

More scientific work needs to be done to make sure the hormone is both safe and beneficial, says UCSF cardiology research fellow Christian Zellner, who conducted the study under the direction of UCSF Stanford Health Care cardiologists.

No human studies examining the cardiac effects of DHEA have been completed, which is essential before any recommendations involving the drug can be made, he says.

Scientists suspect DHEA — which is synthesized by our own bodies, is converted into the hormones estrogen and testosterone and decreases sharply with age — does indeed have a link to conditions including aging, heart disease and cancer.

NIH supports women's health research

To help support research relevant to women's health and to develop the next generation of strong physician researchers in this area, the National Institutes of Health recently granted UCSF $2.2 million.

The award will establish a Women's Reproductive Health Research (WRHR) Career Development Center, where scholars will have the opportunity to draw from the wide breadth of investigative women's health research conducted at UCSF to enhance their training experience and accelerate progress within their fields of investigation. Research in the areas of ovarian cancer, abnormal uterine bleeding, cervical cancer, preeclampsia, urinary incontinence, and prenatal diagnostic testing is currently under way at UCSF.

"This new center's mission is to promote health and prevent disease in women by expanding the pool of well-trained, imaginative, productive investigators in the field of women's reproductive health," says Robert N. Taylor, UCSF professor in the department of obstetrics, gynecology and reproductive sciences who will serve as the program's associate director. "This program also will foster successful collaboration among obstetrician-gynecologist researchers and those in other disciplines such as physiology, epidemiology and biostatistics."

More news for you
on the back page

What's happening

To Our Neighbors
January–March 1
A quarterly calen
events at UC San

Special Events

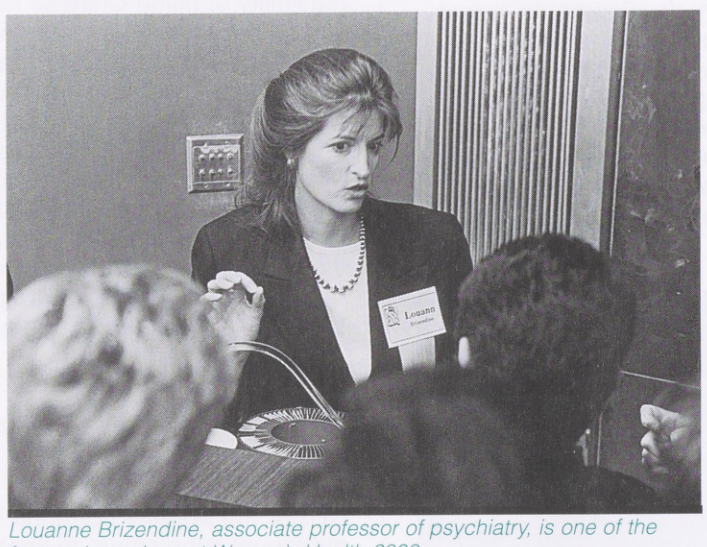
Raising Hope for Cancer Cure

Andrea Bocelli, the Grammy award-winning opera singer and popular musician will make his first West Coast appearance at the second "Raising Hope" event hosted by the UCSF Foundation to benefit the USCF Cancer Center on Wednesday, Jan. 13, at Davies Symphony Hall.

Ticket prices range from $500 to $2,500. For more information and to purchase tickets, call 502-4337.

Women's Health 2000

UCSF will host the sixth annual Women's Health 2000, an all-day symposium geared for women of all ages, on Saturday, March 20, from 8:30 a.m. to 4:30 p.m. at UCSF's Cole Hall, 513 Parnassus Ave.



Louanne Brizendine, associate professor of psychiatry, is one of the featured speakers at Women's Health 2000.

More than 25 topics will be discussed including how to be a successful patient in a managed care system, osteoporosis, evaluating health information on the Internet, and stress management techniques. In addition, intensive workshops on menopause and alternative therapies will be offered. For more information or to register, please call 415/263-0321.

Brown Bag Lectures

UCSF Public Service Programs, part of Public Affairs, offers free lectures, from 12:10 to 1 p.m., at three campus locations. Lectures are held on Wednesdays on the Parnassus campus in Health Sciences West, Room 300, 500 Parnassus Ave. (P), on Tuesdays at UCSF/Mount Zion Medical Center, Herbst Hall, 2nd floor, 1600 Divisadero St. (MZ), and on Thursdays at the Mission Center Building, Board Room, 6th floor, 1855 Folsom St.(MCB). Call 476-4394 for more information.

Jan. 6: **"A New Year, A New You."** Lynn Martin, RN, MS, CS, coordinator, Brief Group Psychotherapy Program; Clinical Research Coordinator, LPPI Outpatient Services, describes how to overcome fears and phobias. (P)

Jan. 13: **"Balloons, Stints, Pumps and Growth Factors."** Tony M. Chou, MD, director, Adult Cardiac Catheterization Laboratories and Interventional Cardiology, UCSF Stanford Health Care; Assistant Professor, Medicine, describes conventional and novel therapies for angina in the 90s. (P)

Jan. 19: **"Hormones and Female Sexual Function."** Louann Brizendine, MD, associate professor, psychiatry, director, Hormone Assessment Clinic, explains how estrogen, progesterone, testosterone and other hormones can have a profound influence and affect mood and libido. (MZ)

Jan. 20: **"Rediscovering Precious Values."** Dr. J. Alfred Smith, Sr., Pastor, Allen Temple Baptist Church, author, "The Overflowing Heart" talks about the search for resolving life's problems. This lecture, to be held in Cole Hall, is co-sponsored by the UCSF Dr. Martin Luther King Jr. Commemoration Committee. (P)

Jan. 21: **"Your Workstation: Friend or Foe?"** Dian Tollinger, Manager, Campus Programs, Environmental Health and Safety, UCSF; Lisa Blutman, Training Coordinator, Environmental Health and Safety, explain the factors that lead to repetitive stress injuries and the tools to prevent them. (MCB)

Jan. 27: **"The Alphabet Versus the Goddess."** Leonard Shlain, MD, associate professor, Laparoscopic Surgery, UCSF; chief, Laparoscopic Surgery, CPMC; author: "Art and Physics", "The Alphabet Versus the Goddess" talks about the conflict between word and image. (P)

Feb. 3: **"Creativity and Brain Evolution."** Bruce L. Miller, MD, A.W. and Mary Margaret Clausen Distinguished Chair, professor of neurology, UCSF; director, UCSF Alzheimer's Disease Program, explains how degenerative diseases specifically impair art and language and others where these functions are spared. (P)

Feb. 10: **"Acupuncture: 5000 Years in Sixty Minutes."** Ward G. Gypson, MD, medical director, Rehabilitation Services, SFGHMC; assistant clinical professor, UCSF, presents a historical look at acupuncture theory, research and treatment. (P)

Feb. 16: **"Herbal Medicine: Boom or Bust."** Ellen Hughes, MD, PhD, associate clinical professor, medicine; interim director, UCSF Osher Center for Integrative Medicine, gives an update on herbal remedies. (MZ)

Feb. 17: **"Spring Training for Amateur Athletes."** Steve Gunther, MD, assistant clinical professor and June Graham, physical therapist, both of the Sports Medicine Center, UCSF Stanford Health Care, explain ways to reduce sports-related injuries. (P)

Feb. 18: **"Boldly We Go."** Caren Baroff, owner, Baroff Enterprises, inspirational coach and consultant, tells how you can shape your capacity for love by resonating with the center of your thoughts, behaviors and attitudes. (MCB)

Feb. 24: **"The Uphill Battle Against Barriers of Race and Gender."** Ron Wilson, assistant executive vice chancellor, Office of Equal Opportunity and Diversity, University Ombudsman, UC Irvine, explains why institutions of higher education should be the conscience of society. This is a program to recognize UCSF Black Heritage Month, co-Sponsored by the UCSF Office of Equal Opportunity and Diversity. (P)

March 3: **"Hepatitis C."** Teresa L. Wright, MD, chief, Gastrointestinal Division, VAMC; associate professor of medicine, UCSF, tells about new developments and treatments for Hepatitis C. (P)

March 10: **"You Are Not Alone."** Wendy W. Leng, MD, assistant professor, urology, UCSF; urologist, Faculty Practice, UCSF Stanford Health Care, explains why 10 to 15 million Americans who suffer with daily urinary incontinence may benefit from the many available treatment options. (P)

March 16: **"Women's Health and Illness Across the Lifespan."** Diana Taylor, RN, PhD, associate professor, School of Nursing, UCSF, leads a discussion of the changing patterns of women's health and tools for health promotion. (MZ)

March 17: **"Seeing is Believing."** David G. Hwang, MD, FACS, associate professor, medicine, UCSF; co-director, Cornea and Refractive Surgery Service, Beckman Vision Center, a part of UCSF Stanford Health Care, gives an update on the latest methods using laser vision correction to remedy nearsightedness, farsightedness and astigmatism. (P)

March 18: **"Transition and Turbulent Times."** Nancie Davidson, MFCC, counselor, UCSF Faculty Staff Assistance Program, gives strategies for change management. (MCB)

March 24: **"Healthy Aging."** Anita Stewart, PhD, professor in residence, Institute for Health and Aging; director, Center for Healthy and Active Aging, explains the concept of healthy aging and why it's important. (P)

March 31: **"Face Fixers."** Kirsten K. Vin-Christian, MD, clinical instructor, dermatology, UCSF Stanford Health Care, outlines cosmetic dermatologic solutions to correct facial scars, blemishes, broken blood vessels and pigmentation problems. (P)

Recreation

Millberry Programs & Services. UCSF Millberry Programs & Services offers hundreds of classes, clinics and workshops to keep the bodies and minds of both adults and children motivated, stimulated and fascinated. Here's just a glimpse of the offerings:

- Qi Gong (chee gong)

  An active, conscious meditation based on traditional Chinese medicine, Qi Gong is an ancient practice that supports healing and helps the mind and body return to balance through a series of isometric, non-impact stances. For registration information, call Theresa Brand at 476-0350. The course is offered Mondays, Jan. 11-March 29, from 8:15 to 9:30 p.m. The cost is $75.

- Vegetarian eating

  Participants will learn how to get nutrients like B-12, calcium, iron, zinc and protein from non-meat sources in this one-time workshop taught by a registered dietitian. Please register a minimum of three days before the class, which is slated for Tuesday, Feb. 23, from 6 to 7:15 p.m. The cost is $24.

The Millberry Fitness Center. A limited number of memberships are available to the public at the Millberry Union Fitness Center, open weekdays from 6 a.m.-10 p.m. and weekends from 7:30 a.m. to 8 p.m. For more information or to receive a new catalog of program offerings, call 476-1115.

Outdoors Unlimited. A cooperative resource center for outdoor recreation and adventure rents cabins on the south and north shores of Lake Tahoe, plus an array of equipment for camping and recreation. OU offers classes in sea kayaking, whitewater rafting, backpacking, first aid and CPR and organized camping and sailing trips as well as other outdoor activities. For more information, visit the website at www.outdoors.ucsf.edu/ou or call the center at 550 Parnassus Ave., under the campus library, at 476-2078.

Women's Health

The UCSF Women's Health Resource Center provides information through a lending library, mini bookstore, and classes and workshops about health and wellness. It also gives referrals to primary care and specialty providers that have a specific interest in women's health and information on women's health related research studies and clinical trials. Call 415/476-0668 for more information.

The Resource Center grew out of the Great Expectations Pregnancy Program, which continues to provide a continuum of services related to pregnancy, childbirth, baby care and parenting. Some of the classes to be offered in 1999 include: Childbirth Preparation: Integrated Methods, Breast Feeding and Surviving the First Two Weeks with a New Baby. Call 476-6667 (MOMS) to learn more about our services and classes.

Aging Education

The UCSF/Mount Zion Center on Aging offers the Community Health Education Series, free half-day workshops designed to inform seniors about health issues. Preregistration is required as seating is limited. Programs are held Saturdays, from 8:30 a.m.-12:30 p.m., Laurel Heights Conference Center, 3333 California St. For more information, call 750-5342. Upcoming programs include:

Feb. 6: "Ask The Pharmacist." Faculty and staff of the department of clinical pharmacy, UCSF School of Pharmacy, give tips on how to use medications safely.

March 13: "Understanding Alternative And Complimentary Medicine." Faculty of the UCSF Osher Center of Integrative Medicine give an overview of acupuncture, mind/body connections, supplements and herbal remedies.

Breast Cancer Screenings

Women can have low-cost mammograms — X-rays to screen for breast cancer — from the UCSF mobile van that was designed to make mammography both available and affordable to women with no known breast problems.

To be screened by the UCSF van, women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes about 20 minutes and costs $75, which is payable at time of service by personal check, Visa or MasterCard. Call 353-3825 between 9 a.m. and 3 p.m. to make an appointment.

Volunteer Program

Volunteer Services acquaints prospective volunteers with opportunities to lend a helping hand at the medical centers at UCSF and UCSF/Mount Zion, part of UCSF Stanford Health Care. For dates, times and locations or orientation schedules for Parnassus, call 476-1196. Call 885-7353 for an orientation schedule at UCSF/Mount Zion.

UCSF FOR DAILY ONLINE NEWS daybreak www.ucsf.edu/daybreak

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Blood Drives

Blood donations are accepted at the UCSF Stanford Health Care Blood Center at UCSF, 505 Parnassus Ave., Room L 131, Monday through Friday, from 8 a.m. to 7:30 p.m. and on Saturday, 9 a.m. to 4:30 p.m. No appointment is needed. For more information, call 476-6989. Here's the schedule for upcoming blood drives, which offer refreshments and chances for raffle prizes:

Jan. 27: 1-5 p.m., UCSF Stanford Health Care Executive Park, Board Room No. 156.

Feb. 3: 9 a.m.-5 p.m., MU Conference Rm., Parnassus.

Feb. 23: 10 a.m.-5 p.m., UCSF/Mount Zion, Hellmann Conference Room.

March 24: 10 a.m.-3:30 p.m., Laurel Heights, Chancellor's Conference Room.

Cole Hall Cinema

Films are shown Thursdays and Fridays in Cole Hall, located in the Medical Sciences Bldg., 513 Parnassus Ave.

Admission prices are $2 children; $2.50 students/Millberry Fitness Center members; $3 UCSF staff/other students and $3.50 general public. Tickets can be purchased at the door only. For more cinema information and the updated schedule, which is subject to change, call 476-6932.

Arts & Performances

CLASSICAL MUSIC SERIES

The community is invited to attend the free Chancellor's concert series performed by professional musicians on Thursdays, from 12:15 to 12:45 p.m., in Cole Hall, 513 Parnassus Ave. Here's the line-up:

Jan. 7: Kum Mo Kim, violin; Sharon Bogas, cello; Roy Bogas, piano perform Smetana's piano trio, Op. 15.

Jan. 14: Stephen Bailey, piano, performs Scarlatti's Sonatas in B minor and D major, Mozart's Variations on a theme by Gluck and other works.

Jan. 21: Suzanne Leon, violin, Tanya Tompkins, cello, perform Ravel's Sonata for Violin and Cello

Jan. 28: Hermann le Roux, baritone, Timothy Bach, piano, perform a variety of works.

Feb. 4: William Wellborn, piano, performs Chopin-Liszt's Six Chants Polonaises and Verdi-Liszt's Rigoletto paraphrase.

Feb. 11: Machiko Kobialka, piano, Doris Fukawa, violin, Emil Miland, cello, perform Mendelssohn's Piano Trio in C minor.

Feb. 18: Paul Brancato, violin, Christina King, viola, Barbara Andres, cello, Stephen Tramantozzi, bass and Robin Sutherland, piano, perform Farrenc's Piano Quintet.

Feb. 25: Wei He, violin, John Chernoff, piano, perform Beethoven's Kreutzer Sonata.

March 4: Vladimir Khulitoloz, viola, Dorian Ho, piano, perform Schubert's Arpeggione Sonata.

March 11: Mack McCray, piano, performs Liszt's The Blessing of God in the Wilderness and Liszt's Fantasy on Bellini's opera "Norma."

UCSF

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Two out-of-line vertebrae were fused to form a solid piece of bone.

They claim to be opposites.

But that is in personality only. Thirteen-year-old Andrea Seid is quiet, but driven. Her younger sister, Christa, 11, is chatty, but laid back. Physically, they have much in common, from their charming smiles right down to the five-inch scars on their lower backs. Each knows the other's pain, but fortunately the hurt is now just a memory.

It started just over two years ago with Andrea, a competitive gymnast who excelled in power moves — tumbling and jumps off the bars and vault — but couldn't quite perfect a balance beam maneuver called the "back walkover," which requires good flexibility. She started to feel tingling and a bit of pain in her upper legs, but she attributed the discomfort to sore muscles from the tough workouts. Even after her gym season was over, however, the pain worsened, spreading to the lower parts of her legs. She couldn't even make one trip through the shopping mall without having to stop several times to sit or squat.

Doctors first thought she had only a pulled muscle, but later diagnosed Andrea with spondylolisthesis, which occurs when one of the vertebrae in the lumbar spine slips slightly forward on the one below it because of a fatigue or stress fracture. The condition affects some 5 percent of the population. It usually develops in pre-adolescent children going through a growth spurt, particularly those who participate in hyperextension sports such as gymnastics, diving, weightlifting and football. In some cases, the stress fracture will heal on its own. Doctors told Lynette and David Seid that rest and pain medications would ease their daughter's symptoms and all would be well. "One doctor said nothing could be done — just hope it doesn't get worse," said David. But after several months it did.

The first school dance at Burlingame Intermediate last fall was particularly agonizing. "It was disastrous," said Andrea of the pain from being on her feet for three hours. It felt as if needles were poured through her thighs and flowed down to her feet, she said.

The Seids sought a second medical opinion and were referred to UCSF's David Bradford, chair of orthopaedic surgery and a renowned expert in the treatment of spinal disorders and deformities. X-rays and CAT scans confirmed degeneration and a fracture in the part of the vertebra that keeps the spine aligned. The condition perhaps was triggered by a tiny stress fracture in the lowest part of the lumbar spine, and scar tissue — formed when the fracture tried to heal itself — lumped in that delicate area, compressing the spinal nerve and causing the tingling and pain in her legs. The forward slip of the vertebra also narrowed the spinal column, leaving little room for nerve roots, Bradford found. Untreated problems of this type rarely progress to conditions as threatening as paralysis, however, the pain can worsen and the nerve compression can result in leg weakness or loss of bowel or bladder control.

"After we weighed all the options, we were 100 percent in favor of surgery," said Lynette, who admits that some family and friends discouraged a spinal operation.

On Dec. 4, 1997, Bradford performed a 4-hour procedure, first making an incision on the back and exposing Andrea's spine. He delicately cleared out the lump of tissue that crowded and irritated her lower spinal nerves. Once the nerves were free, he fused together the two affected parts of the vertebra into one solid piece of bone. Bradford inserted two pencil-sized stainless steel rods to help the fusion take place. Andrea stayed at the Medical Center, part of UCSF Stanford Health Care, for five days after the surgery, but she was back at school soon after the winter break. Other than not going to PE class and having to use a "rolling backpack" for her books, life was normal — and painless — for Andrea.

Weeks later, the Seids' youngest daughter, Jenna, nine-years-old at the time, complained of pain similar to Andrea's. Concerned about the possibility of a hereditary spinal problem, Lynette and David had Jenna examined by Bradford, who fortunately found no defect. But the sibling pain in the back did not end there. During spring break, Christa went with family friends to Disneyland, and although she did not complain when she got home to Burlingame, Lynette learned from the family that Christa spent much of the trip in discomfort, often interrupting a walk to squat or sit.

It sounded too painfully familiar, and the Seids paid another visit to Bradford, who detected the exact type of spondylolisthesis in Christa as he had corrected seven months earlier in Andrea. Like her older sister, Christa was a gymnast since her preschool days, although not as serious and competitive, she admits. On July 2, 1998, Bradford operated on Christa, successfully fusing the bones in her lower spine, too. Like Andrea, Christa was back on her feet soon, but had to wear a back brace for four months.

Just before last Thanksgiving, however, Christa's brace was off, symbolically ending a two-year ordeal for the Seids, which included nursing their daughters during their painful periods and post-surgical recovery. "Knowing that our kids could have a normal life helped us get through all of this," said Lynette.

Today, Andrea is as physically active as ever. She doesn't intend to go back to gymnastics — she never liked doing that back walkover — although she misses the competition. She's back in PE, and as proof of a full recovery, she recently ran her fastest mile ever. Andrea hopes to play high school sports next year.

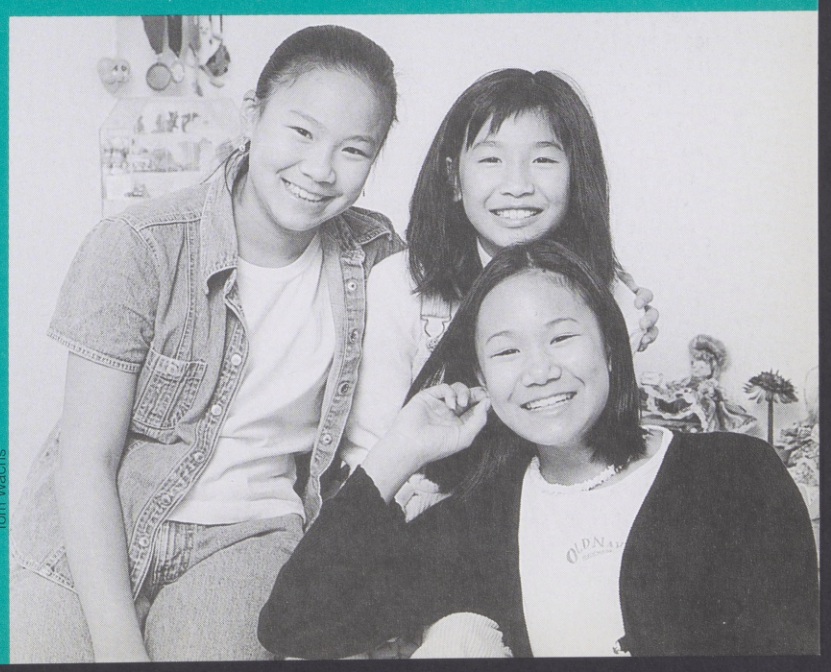
Christa can move freely and without pain, but isn't quite ready to go back to PE classes, and that suits her fine. She, too, looks forward to playing sports next year — not so much for the competition, but because she'll get to run around with her friends.

Asked how they feel today, Andrea and Christa, yelled in unison "I feel free."

— Andy Evangelista

For more information, call the UCSF Spine Service at 415/476-8993 or visit their website (www.ucsf.edu/orthopedics).

The Seid sisters, from left, Christa, Jenna and Andrea



Tom Wachs

To Our Neighbors
January–March 1999

UCSF to test Chinese herbal treatments

UCSF to explore new arthritis treatments

Researchers gain insight into biology of fat

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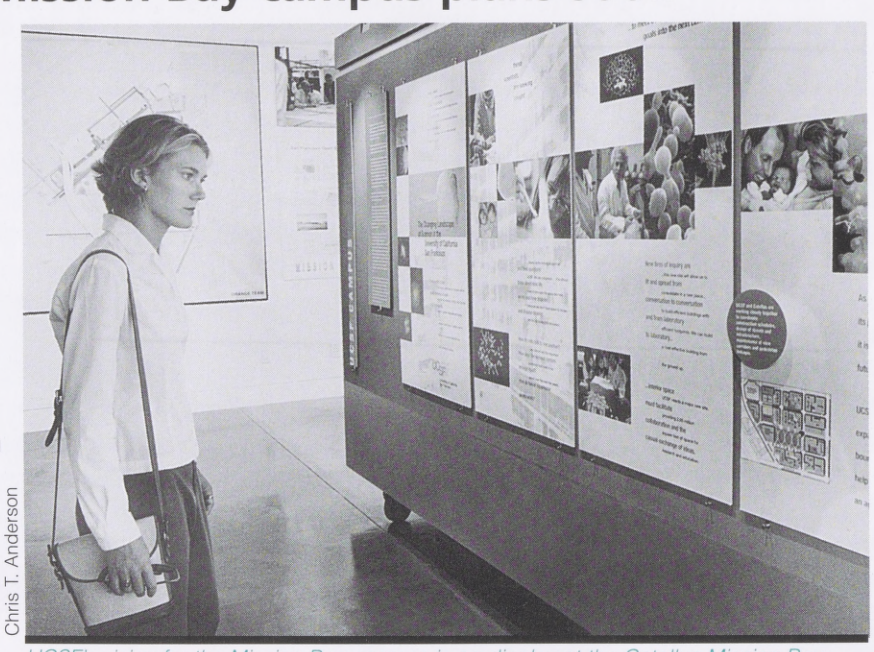
To Our Neighbors

Public to review Mission Bay campus plans soon

University officials hope to make available to the public a draft of the design of the first building and master plan guidelines for the entire 43-acre biomedical research campus at Mission Bay this month.

Thanks to voters who approved the state bond measure Proposition 1A last November, UCSF will receive $21.4 million to help finance the first building, to be built at Seventh and Owens streets.

The University's financing plan calls for using a mix of state construction bond money, gifts from donors, campus reserves and auxiliary enterprise and other revenues and external financing to construct the entire campus, which is expected to cost more than $1 billion over the 10- to 15-year construction time frame.



Chris T. Anderson

UCSF's vision for the Mission Bay campus is on display at the Catellus Mission Bay Visitor's Center, located at 255 Channel St., San Francisco. For more information on the center, call 437-0708.

University officials are expected to discuss the Mission Bay project, presenting the designs and financing plan for the campus, at the UC Board of Regents meeting in March.

Last October, the San Francisco Board of Supervisors approved ordinances and resolutions authorizing development of the entire 303-acre project and the donation of land to UCSF by the City. The City will contribute a total of 13.23 acres of land, including former street areas, to the Regents for the construction of the UCSF Mission Bay campus. Catellus Development Corp., the primary developer of Mission Bay, had already agreed to contribute about 29.27 acres to the UCSF campus.

The first building will house about 938 people, including researchers who will conduct advanced research in areas including cell development, structural biology and chemistry.

The University plans to break ground on the site in September 1999 with occupancy of the first building expected in late 2002.

Teaching hospitals do well in complex surgery, study finds

Academic medical centers in California appear to be responding to the pressures of managed care with greater effectiveness than other hospitals, UCSF researchers say.

They found mortality rates from complex abdominal procedures were four-fold times lower in teaching and research hospitals than other hospitals. Researchers also found that these patients had shorter lengths of stay and reduced costs.

These results counter the perception that academic medical centers are more costly and inefficient.

"We observed improvements in both length of stay and mortality after complex abdominal operations in all California hospitals, but the improvements were much more dramatic in academic medical centers," says Sean Mulvihill, UCSF professor of surgery and UCSF chief of the division of general surgery at UCSF Stanford Health Care.

UCSF Human Resources office moves to Laurel Heights

As of Tuesday, Jan. 19, the UCSF Human Resources Department will be located at the Laurel Heights site, 3333 California Street, Suite 350.

Job hunters can continue to mail their resumes to the same mailing address, which is Human Resources, Box 0832, SF, CA 94143-0832. All of the department's phone and fax numbers remain unchanged, as does its website (www.ucsfhr.ucsf.edu). Resumes may also be sent via email to jobs@hr.ucsf.edu.

Lisa Cisneros